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■ TRACK AND FIELD: Record broken

Crossley high jumper sets Ontario record

BERND FRANKIE
PelhamNEWS Staff

PELHAM — When Shyla Cardy went to the Ontario Federation of School Athletic Associations (OFSAA) track and field championships she knew the record for the midgeet girls high jump was 1.74 metres.

The Grade 9 student at E.L. Crossley Secondary School also knew that gold standard was very way back in 1984.

However, she always thought a new record was well within her considerable reach. Indeed, Cardy achieved her personal-best of 1.75 metres while competing at a club meet last summer in Windsor.

see RECORD | page 12

■ FIREFIGHTERS: Honouring the past



Fonthill Volunteer Firefighter Association members remember volunteer firefighters who died through the years in an annual ceremony in front of a memorial stone at Fonthill cemetery Sunday. The association, which dates back to the 1920s, reads off the names of volunteer firefighters who have died after laying down a silver helmet for volunteers and a gold one for officers along with a flowered helmet-shaped wreath from the association.

WAYNE CAMPBELL Staff Photo

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■ PLANNING: Reverse of recommendation

Zoning fixed for farm repair business

WAYNE CAMPBELL
PelhamNEWS Staff

The brakes have come off a rural Pelham couple's plans to repair farm equipment at their Church St. home.

At a May 22 committee meeting, town politicians voted 3-3 on a rezoning application for 275 Church St. to allow John and Sue Campbell to commercially work on tractors, horse trailers, hay wagons and other farm-related equipment.

The tie vote meant the rezoning bid was rejected.

But at Monday's council meeting, Ward 2 Councillor Gary Accursi successfully moved to strike down the refusal and approve the Campbells' request.

"It complies with all the policies and provides value added features for a farm operation," he said.

The applicants, he said, are prepared to provide buffering to protect neighbours.

He rejected an argument made at the committee level, that the town relied on complaints to provide bylaw enforcement.

"To date there was only one complaint about what the Campbells are doing," he said. "For that reason they applied for proper zoning."

Accursi said "if we didn't allow changes we would have never moved past Temperanceville," a remark referring to an earlier name of Fonthill symbolic of its prohibition of alcohol.

He asked whether councillors were prepared to defend a rezoning refusal before the Ontario Municipal Board.

Ward 3 Councillor John Durlay said the town had a policy of balanced growth and this was an example of such growth.

"If we deny this we deny our specific strategic plan," he said. Still, Ward 1 Councillor Richard Rybiak opposed changing the refusal.

"Just because change is recommended, it doesn't mean it should be made," he said.

Neighbours live in the area expecting it to remain agricultural. The application changes the life they are living, he said.

Mayor Dave Augustyn also opposed the change in zoning, pointing out the property at Church St. and Webber Rd. is just a short distance from properties zoned for commercial enterprises.

Some of those are vacant, he said, noting there are already farm vehicle repair operations in the Fenwick area.

wayne.campbell@sunmedia.ca

■ HOUSING: Rittenhouse Estates to occupy old Fonthill Mazda site

Pelham St. subdivision gets nod

WAYNE CAMPBELL
PelhamNEWS Staff

Zoom zoom.

That could be how Mike Hassani wants Pelham's planning process to proceed. He's anxious to get to work on a new subdivision planned for a long-vacant property that once housed Fonthill Mazda.

"It will depend on getting permits, but we would like to start work in September," said Hassani, owner of the property at 1145 Pelham St. Town council's general committee has recommended approval of draft plan of subdivision and rezoning bylaw for Rittenhouse Estates.

The project calls for a three-storey commercial and apartment complex facing Pelham St. with six townhouse units and 10 single detached houses behind.

The complex would include a health centre and commercial operations on the ground floor with 20 apartments on the second and third floor.

In answer to questions from town councillors, planning director Craig Larmour said the project would include a buffer landscaping at the back of the commercial building, it would



WAYNE CAMPBELL Staff Photo

Pelham town council's general committee recommended acceptance of rezoning for the Rittenhouse Estates development at 1145 Pelham St. The project will include a three-storey building with a health centre, commercial space and 10 apartments.

be built close to Pelham St. with a parking behind it to increase the distance between it and neighbouring residences.

Ward 3 Councillor John Durlay said there was concern from neighbours that the apartment building will be incom-

patible for the area.

Larmour said under current zoning the building could be higher. Plans to plant trees and shrubbery around the borders would provide a growing screen.

Still to be determined is a location of a park in the

Tanner Dr. and Willson Crossing area.

The committee's recommendation for Rittenhouse Estates will go to the regular meeting of council on June 18 for final approval.

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■ PROFILE: Darren Ottaway

New Pelham CAO learned his trade in small communities

WAYNE CAMPBELL
PelhamNEWS Staff

PELHAM — A military management style doesn't work in a municipality.

"I know. I've tried it," said the town of Pelham's new chief administrative officer.

Darren Ottaway, a former soldier with the Royal Canadian Horse Artillery, said he quickly learned you have to foster a collaborative style when it comes to leading a municipal team.

"I started with a military model," he said.

"It was a complete failure. You can't translate it into the public service."

He realized quickly you have to work closely with those around you.

"I'm like the quarterback of a team who marshals the resources and comes up with the best approach possible."

It is a leadership role, he said.

"At times, you may say something someone may not agree with it," Ottaway said. "But you have to remember to treat people with the respect you would like to be treated with."

With the public, the new CAO intends to be accessible and transparent.

Ottaway, 41, took over the Pelham CAO's job on May 28 after moving his wife, Paula and four children under age 7, with a U-Haul from Grande Cache, Alta.

He was CAO in the Rocky Mountain community after his first administrative jobs in Churchill and before that South Indian Lake in Manitoba.

Ottaway sat at his first town council meeting last

"I'm like the quarterback of a team who marshals the resources and comes up with the best approach possible."

Darren Ottaway

week receiving a warm welcome from Mayor Dave Augustyn who called him a leader with demonstrated passion and professionalism.

Despite his western experience, Ottaway is an Ontario boy who grew up in Pickering, east of Toronto.

His soldiering took him to the Canadian Forces base in Shilo, Manitoba. An Armed Forces buyout helped finance his political science degree from the University of Brandon near the base.

His first job came when he said he took advantage of an unexpected opportunity at South Indian Lake.

Ottaway spent five years there where he learned his trade.

"They let me make mistakes and learn from them."

Later he moved farther north to Churchill. It's a town of 1,000 on Hudson's Bay with polar bears and blue whales serving as frequent visitors.

A desire to bring their children closer to their grandparents prompted Ottaway and his wife, a public health nurse, to look for work in Ontario.

Pelham attracted him right from the start.

"I was thoroughly impressed with the community. It was right up my alley."

Pelham, he said, is a proactive, innovative community.

While it's larger than Grande Cache, "it is a place with a small town feel."

That was important to him and his family.

"It's a place where you get to know your neighbours, you're not lost in the crowd."

He and his wife have already moved into their Fonthill home, put the two oldest children in school and signed up at the library.

On his new job, Ottaway said, he's in a "look, learn and listen mode right now."

He is passionate about community development.

"You look for ways to make a community vibrant, successful and innovative." It's about "creating a feeling of place," he said.

Working in municipalities in three different provinces under different sets of rules is not a problem.

"Municipal legislation is very similar across the country," said Ottaway.

"It's like speaking three dialects of the same language."

Basically, he said, the acts are the same built on key principles.

Municipalities are subservient to provincial masters who are reluctant to delegate powers, such as taxation, to municipalities.

"It boils down to understanding the process to achieve what you want to do."



Wayne Campbell Staff Photo
Pelham's new chief administrative officer Darren Ottaway is settling into his office at the Pelham Municipal Building. He began his job on May 28 replacing Martin Yarnich who retired.

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■ **perspective**



Wayne Campbell
EDITOR

Firefighters keep tradition

Firefighters keep traditions especially volunteer firefighters.

The march in parades, hold fundraisers such as this Saturday's Shorthills Volunteer Fire & Rescue Association's Strawberry Festival, and honor the passing of former members at funerals.

Sometimes, however, responding to alarms can affect schedules. It happened Sunday with an annual memorial service to former Shorthills Volunteer Fire Association members.

Early in the morning, 30 Pelham volunteer firefighters from all three stations (Fonthill, Fenwick and North Pelham) rushed to Wellandport to fight a fire in a former church in the village.

"We sent trucks from all three," said fire chief Jim Phelps. They attended the aerial to douse the steeple.

It was a mutual aid task with the West Lincoln fire department. Lincoln also helped. Houses beside the former church, under renovation to a home, were at risk.

Seventeen trucks on the scene, Phelps stated in Pelham with a couple of trucks to cover the town.

The firefighters returned early in the morning. Just before the Fonthill cemetery ceremony at 1 p.m., alarms sounded again.

Formally dressed for the ceremony, volunteers went to assist at a medical call.

A little late, firefighters did arrive at the cemetery. They marched in. In front of a memorial stone, they laid silver and gold helmets to honour volunteers and officers as well as a flowered helmet-shaped wreath from the Fonthill Volunteer Fire Association.

Two minutes of silence was followed by a reading of the names of deceased members from the association. The firefighters then held a reception at the Fonthill fire hall for families. It was interrupted by another call to help a family struck by a lightning bolt.

Ward 3 Councillor John Duxley serving as deputy mayor had it correct.

He praised the firefighters during the memorial ceremony their tradition of "opening their hearts and their minds to the protection of their fellow citizens."

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comment Pelham changing through the years

You may recall that my last column was about the demographics of Pelham – that is, the study of human population for our Town.

You see, Statistics Canada recently released new information from the 2011 Census. And, since they also provide information for communities from the 2006, 2001 and 1996 Censuses, one can compare the make-up and growth of our population over a fifteen-year period.

As you may know, Pelham is the fastest growing municipality in the Region. Since our formation in 1970, we have grown from 9,855 to 16,598 in 2011. That's a 68.4% increase! The next largest increases are West Lincoln at 68.1%, Grimsby at 67%, Lincoln at 65%; the entire Region's population grew by only 28% during that period.

During the last 15 years, Pelham's population grew from 14,345 in 1996, to 15,275 in 2001, to 16,155, to 2006, and to 16,598 in 2011.

But, the story becomes more interesting when one looks at age groups.

For example, our Town's population of children (aged 14 and younger) decreased in the numbers over the last 15 years

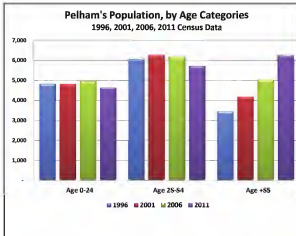


Dave Augustyn
MAYORAL VIEW

– from 2,920 in 1996 to 2,535 in 2011. This was a 13% decrease! It's no surprise, therefore, that the proportion of children to the total population also dropped 3% from 20% of our Town in 1996 to 15% in 2011. According to a 2008 Regional report, the proportion of children across the Region is expected to decline from 16.4% in 2006 to 14.3% in 2031.

What about our seniors – those aged 65 and older? In 1996 there were 1,525 seniors in Pelham; in 2011 Statistics Canada counted 3,450. That's a 79% increase! Seniors now make up 21% of our population, up from 13% in 1996. Across the Region, the proportion of seniors is expected to increase from 17% in 2006 to 27% in 2031.

Statistics Canada provides some very broad categories for comparison over the last decade-and-a-half. For example, Pelham's population aged zero to 24 declined 4% from 4,820 in 1996 to 4,635 in 2011. Our population aged 25 to 64 (the "working-age" population)



Supplied graphic

declined more than 6% from 6,095 in 1996 to 5,715 in 2011.

So, broadly speaking, where was the majority of our growth concentrated? Those 55-and-over grew a phenomenal 82% from 3,400 in 1996 to 6,255 in 2011!

(It is important to note that any demographic changes result from both new residents moving here, others moving away, and from the aging of current residents.)

While one must be cautious about broad comparisons from relatively small sub-sets of our population, these numbers appear to show a trend. As your Mayor, I continue to consider what these demographic realities mean for our current and future public services.

You may contact Mayor Dave Augustyn at mayordave@pelham.ca, or read past columns at www.pelhammayordave.blogspot.com.

Housing market cools off in May

After a month of scorching hot results in April, local market activity cooled off slightly in May.

Residential sales in the Pelham area dropped 28% from the level recorded in May 2011. According to the statistics of the Niagara Association of Realtors Multiple Listing Service MLS® there were 18 sales in Pelham during the month of May compared to 25 during the same month last year.

On a year-over-year basis, there have been 80 homes sold so far this year compared to 78 as of the end of May last year.



Cathy Berkhout-Bosse
REAL ESTATE

Hopefully, our local market momentum will rebound in June so that this year's annual results will not start dipping below 2011 levels.

The average price of homes sold during the month of May was \$351,155 up 6.6% from the May 2011 average price of \$329,450. Locally, our average price figure continues to be

skewed higher by record level high-end home sales.

About 50% of the homes sold in May achieved selling prices greater than \$300,000 with four of the sales being \$549,000 or higher.

The 12-month average selling price of a home in Pelham now stands at \$335,820, up 3% from last May's month end figure of \$326,045. As of the end of May, the 12 month average price for the Niagara Region was \$232,491.

So far this year it is taking an average of 87 days on the market to sell a home in Pelham – one week faster than

the average of 94 days recorded at this time last year.

This past month, the number of newly listed homes dropped off slightly with 47 new listings posted, 4% fewer than the 49 units placed on the market during May of 2011. The effect of lower inventory levels continues to offset slower sales results leaving the overall housing market in balanced condition.

Cathy Berkhout-Bosse is a real estate broker at Remax Wolland Realty Ltd. living in Pelham. You may read past columns at www.NiagaraRealtySourceReport.com.

SAFETY DAY



WAYNE CAMPBELL Staff Photos

ABOVE LEFT: Cole McCarthy of Fonthill Montessori School pats Niagara Search and Rescue dog Walter while Nancy Haywood explains the role of the volunteer non-profit group that assists in searches for lost children.

BELOW LEFT: Harrison Shattford, left, and Hunter Lane give thumbs up to the Pelham Fire Department in a fire truck during Pelham Safety Day at Centennial Park Thursday.

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■ **POLITICS:** Vote explained

■ **POLITICS:** Tory leader remarks on failure

Bullying bill politicized, Hudak says

WAYNE CAMPBELL
PelhamNEWS Staff

PELHAM — Progressive Conservative Leader Tim Hudak said his party voted Tuesday against the Ontario Liberal government's bill on bullying because the bill lost sight of what bullying was all about.

"This should have been a motherhood and apple pie issue," he said in an interview Tuesday night.

The Liberals politicized it, he said. "We brought forward Bill 14 which the Liberals voted against."

The Liberal bill, he said, really focused on naming clubs in Catholic schools.

"It got away from the main issue of bullying," Hudak said about the government bill, which supported by both the Liberals and the New Democrats passed in the minority government situation.

"We have bullying over many things" including sexual preferences, patterns of speech and physical characteristics, said Hudak. "It even follows kids home."

The bill didn't go into that side of it, he added.

"It should have been about bullying itself."

Hudak was keynote speaker at a Pelham Business Association meeting in Lookout Point Country Club, Tuesday.

The MPP for Niagara West-Glanbrook said the unemployment rate for Niagara is one of the worse in the country.

wayne.campbell@sunmedia.ca

WAYNE CAMPBELL
PelhamNEWS Staff

Tim Hudak knows where he went wrong.

In answer to a question about the 2011 provincial election from a Pelham Business Association member last week, the Progressive Conservative leader offered some self-criticism.

Hudak said he did a good job talking about what was wrong with Liberal Premier Dalton McGuinty's policies.

The Niagara West-Glanbrook MPP, however, told his Pelham constituents he failed "to do a good job of saying what is right about ours."

During the election, the Tories gained 16 seats.

"We won outside of Toronto but lost in Toronto," Hudak said.

The Conservatives and New Democrats both increased their number of seats and reduced the Liberals to a minority government by one seat.

Hudak told the PBA his strategy now is to go across the province and appear at town-hall style meetings such the PBA one at Lookout Point Country Club. He called it a way to get around big media and "try to talk directly to the people who pay the bills."

Before questions, Hudak delivered his stump speech emphasizing four points in the Conservatives' "paths to prosperity" plan, which involves reining in spending with a public-sector wage freeze, reducing costs of doing business by way of lower taxes and affordable energy, creating 200,000 jobs in skilled trades by reforming journeymen-to-apprentice ratios, and following "a pro jobs and pro growth

attitude in government."

He said he did not want "to see Ontario as a have-not province for one more day."

In answer to other questions, he said he was against the closure of slots at racetracks. When his riding included his hometown of Fort Erie, he campaigned for the

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WAYNE CAMPBELL Staff Photo

Tim Hudak, leader of the Ontario Progressive Conservative Party and MPP for Niagara West-Glanbrook, speaks to the Pelham Business Association at Lookout Point Country Club.

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closure of slots at racetracks. When his riding included his hometown of Fort Erie, he campaigned for the

slots at the track — now gone.

With the Liberal government proposing new casinos across the province, he said he favours referendums in towns and cities targeted for them.

On green energy initiatives such as wind turbines and solar energy, he said he supports a

return to local planning controls.

Hudak said a Conservative government would cancel the Green Energy Act and replace it with "a competitive and transparent policy" to develop forms of alternative energy.

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Freddy Vette and The Flames open series

For PelhamNEWS

Fonthill Bandsell Concert Series rolls into its seventh season Thursday, June 21, with a look back to the 1950s.

The 12 Thursday evenings at the Fonthill in Pelham Peace Park begins with Freddy Vette and The Flames with their 7 p.m. to 9 p.m. show.

It's been over 50 years since Rock and Roll first shook the world with its new sound that kids loved and parents hated. This new music was sexy, fun, and some said, dangerous. The Devil's music. Everyone from Frank Sinatra to any critic at the time said it wouldn't last.

Boy, they couldn't have been more wrong.

Rock and Roll from the 50's lasted well beyond that decade. The recordings of all of the great artists from that time still sell millions a year and sound as good as ever. However, nearly all of the artists who created the music are gone. Elvis Presley, Buddy Holly, Roy Orbison, Carl Perkins, Ricky Nelson.

Anyone from that era will tell you that Rock and Roll was at its best and most explosive when played LIVE in front of a LIVE audience. A band rocking, and rolling, sweating, giving it all,

whipping the audience into a frenzy that would scare parents, politicians, and PTA groups from every small town.

Someone has to pick up where those before left off. Freddy Vette and The Flames have been doing their part since 2002. A band seemingly plucked from lifetimes and transported 50 years into the future. Seven musicians and singers playing the hits of Elvis, Jerry Lee, Buddy, Fats, Chuck Berry and more. Their attention to not only the musical details but the visual presentation of this music is second to none.

Freddy Vette prides himself on the authenticity of the show. "We try to give this music and the artists the respect they deserve. When people see our show that witnessed the original rock and roll explosion, they say 'You guys got it, that's the way it REALLY was.' That's very gratifying."

That authenticity comes from letter-perfect musical arrangements of the biggest hits from the biggest artists like Bill Haley and his Comets, Elvis Presley, Buddy Holly, Jerry Lee Lewis, Fats Domino, to name a few. Also, Betty Vette (Freddy's beloved) leads the band's own "girl group" covering those fantastic hits like "He's a Rebel," "It's My Party (and I'll cry if I want to)," "Chapel of

Love" and other anthems from the likes of Brenda Lee, and even Patsy Cline.

What? No poodle skirts, leather jackets, blue jeans, white T-shirts with the sleeves rolled-up?

Well, the teenagers may have dressed like that in the 50s, but the performers didn't. The stars dressed to kill, just ask Elvis or Little Richard. Freddy Vette and The Flames not only try to sound the part, but they look the part too with threads pulled from the Cornet's suitcases, the Chiffon's walk-in closet, and Jerry Lee Lewis' yard sale!

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The opening concert is presented by Fonthill Sobeyes Bandsell Booster buttons will still be available at the concerts on June 21 and 28.

More info on the series available at www.fonthillbandsell.com.

Mosquito Pythons play Welland

For PelhamNEWS

The Mosquito Squad 20 Pythons met the Welland Angels on June 4. The early innings saw some big hits, including doubles by Callan Saiduto and Ayden James, but few runs were scored by either team.

The top of the third inning saw the Pythons douse the Angels' offense with back-to-back catches of fly balls by outfielders Josh O'Donnell's first out of the game and Evan Kemaghan.

The bats got to work in the bottom of the third with a lead-off single from Andrew Avolio, and highlighted by Janas' second double of the game.

By the end of the inning, five runners had come home to give the Pythons a clear lead.

The Angels mounted a comeback in the fifth inning, but the Pythons responded. With the bases loaded, Ayden James sent the ball deep into the outfield and rounded the bases for the grand slam.

A quick play by pitcher,

Mathew Martel, brought the top of the fifth inning to a close, and, with Sarah Saldaña sprinting around the bases, a double by Sammy Ugulini and single from Devin Stukel brought in the final runs in the Pythons 14-8 victory.

The Rookie Ball Giant Tiger Steelers had strong offensive efforts throughout the entire line-up on June 5th. Leading the way with three hits each were Carson Cryslar and Drew McArthur, while Owen Dobbie, Jack Hughes, Ethan Engel, Brock Morden, Curtis Cryslar and Jenna Dobbie helped out with two hits apiece.

On June 6, Giant Tiger struck early with five runs in the first inning and cruised to a rain shortened 9-2 victory.

Ethan Engel led the team with three hits.

Chipping in with two hits apiece were Brock Morden, Jenna Dobbie, Jack Hughes, Drew McArthur, Owen Dobbie, Carson Cryslar, and Curtis Cryslar.

In Rookie Select play, the Pelham Panthers, sponsored by

The Lunch Lady, led throughout the game only to have Niagara Falls score four runs in the last inning to hand the visitors a tough loss. Curtis Cryslar was the star of the game for Pelham, driving in a run with a single in the first and delivering a long triple in the fourth, which scored three more runs.

Cryslar was also solid at third base, making four tough defensive plays. Ethan Wells led Pelham with three hits while Owen Dobbie, William Baltrusianus, Alex Rubino, Wyatt Gibson and Drew McArthur all chipped in with two runs each.

The Mosquito Rep team, sponsored by Mossimo's, defeated the St. Catharines Majors club on June 4 by a score of 14-4. Max Blanchard had three hits and five stolen bases, and Alex Blanchard went two for two, with four steals.

Michael Carmichael also had two hits and four stolen bases. Max pitched two scoreless innings, and Alex pitched three innings with four strikeouts.



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■ EDUCATION: District and university contests

Crossley piling up computer honours



WAYNE CAMPBELL Staff Photo

Steven Norwood, left, James Loewen and Michael Prysiazy have fired up E.L. Crossley Secondary School's computer programming reputation in school and university competitions. Loewen holds the Bob Christensen Trophy for the District School Board of Niagara computer programming championship. The school has won the trophy three years in a row.

WAYNE CAMPBELL
PelhamNEWS Staff

E. L. Crossley has programmed itself into a computer powerhouse.

For the past three years, the secondary school has swept the District School Board of Niagara championship.

Individuals and teams have also scored well in university computer problem solving competitions from Waterloo, Brock and Western Ontario.

Crossley has won the Bob Christensen trophy for school board team championship three years in a row.

Grade 12 students James Loewen, Michael Prysiazy and Steven Norwood finished one, two and three in district individual competitions.

In the contests, students are given four complex math and computer programming problems to solve in three hours.

"You use math, computer programming skills, logic, things like that," said Prysiazy.

In competitions for Brock University and the University of Waterloo, the three again finished one, two, three in wider competitions involving more students and higher level problems.

"The Brock competition included

80 students from both the District and Catholic boards," said Crossley computer programming teacher Robert Hughes.

The University of Western Ontario staged the ECOO - Educational Computing Organization of Ontario - a four-member team competition. The Crossley trio was joined by classmate Macklem Curtis.

The Pelham team finished 18th among hundreds of high school teams from across the province.

"It was an outstanding finish for the school," said Hughes.

These students are exceptionally talented, he said.

"They have moved way beyond me," with skills reaching into university levels.

In his spare time, Prysiazy is the school's chessmaster. He's undefeated in 100 matches in a row representing Crossley in district chess tournaments over four years.

All three Grade 12 students are going to the University of Waterloo next year. Prysiazy and Loewen are taking computer science while Norwood has signed up for mechanical, electronic, computer and software engineering.

wayne.campbell@sunmedia.ca

■ SUMMERFEST: July 19-22

Niagara College brings refined refreshment to Summerfest

SUMMERFEST
COMMITTEE REPORT
For PelhamNEWS

Niagara College wines and beers will be featured exclusively at Pelham Summerfest 2012 events on Thursday and Friday evenings in Peace Park.

Join us between 4 and 10 p.m. each of those nights to sample award-winning wines and craft beers in the outdoor wine and beer garden.

Enjoy the music, the art and the performers along

with some of your favourite summer treats.

The wine you will sample comes from the Niagara College Teaching Winery, which features the first of its kind facility in North America.

Set amongst the college's teaching vineyards at the Niagara-on-the-Lake campus, the Wine Visitor and Education Centre is a state-of-the-art industry centre that showcases Canadian wine, provides wine tourism information services, hosts academic and wine industry programming and it a living laboratory for the college's



wine, culinary and tourism students.

Niagara College Teaching Winery produces award-winning VQA wines, which are crafted by professional winemaker Terence Van Rooyen, with student involvement.

As Canada's only fully licensed teaching brewery, the Niagara College Teaching Winery is an exciting showcase of the brewmaster

and brewery operations management program, also at the college's Niagara-on-the-Lake campus.

The new program is hands-on, allowing students to create and produce a variety of craft beers, seasonal beers and specialty beers.

For more information, visit www.niagaracollege.ca.

For those who want to showcase products, offer food samples, or display community opportunities, applications to be a street

vendor are due now. The forms are available online at www.pelhamsummerfest.ca/vendors.html.

Artists who want to receive pay for their creativity need look no further than Niagara Nights of Art - Pelham Edition.

A regional initiative, the Pelham edition will take place Friday, July 20 from 4 to 10 p.m. in downtown Fonthill and feature performances in all manner of creative arts, including theatre, music, dance,

literary arts and multimedia. Details are available at www.pelhamsummerfest.ca/nna.html.

For up-to-the-minute information visit the website (pelhamsummerfest.ca), follow us on Twitter (@Pelhamsummerfest), or visit the Facebook page (Pelham Summerfest).

The Facebook page includes an invitation you can send to your friends and family to remind them to "Come Chill on the Hill" with us July 19 to 22.

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■ **RECORD:** High jumper sets bar higher

Cardy: 'Next year I'm going for 1.80!'

FROM PAGE 1

"I felt pretty good going into OFSAA. I knew I could make it in the high jump," said the 15-year-old who also achieved a ninth-place finish in the shot put at the three-day competition that wrapped up Saturday in Brockville.

Cardy's three attempts in the high jump was a series of successes. She cleared 1.5, 1.6 and 1.75 metres and was trying to push her record to 1.77 when she felt just short — for now.

"Next year I'm going for 1.80!" Cardy, who set a Zone 3 record with a leap of 1.70 metres, also competes in the javelin and is considering taking up pole vaulting when she returns for her second year at

Crossley in September.

She plans to take part in her first heptathlon this weekend. In addition to 200- and 800-metre races, the seven-event competition includes the 100-metre hurdles, high jump, long jump, javelin and shot put.

The daughter of Steve Cardy and Rita Sugan of rural Thorold feels good about her chances owing to the event's awarding victories based on total overall points.

"You can finish second in every event and still win if you have enough points," said Cardy, who expects to do do well in shot put and, oh yes, the high jump.

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■ **ATHLETIC AWARDS:** 'Rowing school' makes big splash in wide range of sports

Cyclone in championship forecast

BERND FRANKIE
Pelham NEWS Staff

People who jump to the conclusion that E.L. Crossley is a "rowing school" that also excels in track and field are all wet.

During the 2011-12 season, athletes representing the Pelham high school also made their presence felt on the podium at Southern Ontario Secondary Schools Association (SOSSA) championships in badminton, swimming, tennis and wrestling.

"We've been strong in other sports for a while, and our basketball program definitely is on the rebound," Pierre Blanchard, the head of Crossley's athletic department, said after Monday morning's awards assembly at the school.

Crossley, though a double A category in the 500-901 enrolment category, came within a few points of upsetting quad A Notre Dame in the junior boys basketball final and the Cyclone girls hockey team finished the provincial championships in the middle of the pack despite missing two key contributors.

"It was the equivalent of the (Los Angeles) Kings playing with (Drew) Doughty," Blanchard said in assessing the impact the absence of Lauren Cornelius, who broke an ankle, and Naomi Flagg, broken arm, had on the team.

It was the Cyclone's second trip to the girls hockey finals in as many years with the Crossley exceeding all expectations this time out.

"We were ranked 12th but we wound up finishing eighth," Make no mistake, Cyclone crews continued to dominate in rowing, on both sides of the border. Crossley need to nine golds at the Canadian high school championship, which the school won for the 10th straight year, and celebrated "multiple winners" in the senior boats at the Stotesbury Cup Regatta in Philadelphia.

Track and field enjoyed another outstanding year with coach Maryann Mergl taking 10 athletes to the Ontario Federation of School Athletic Associations (OFSAA) championships and returning from Brockville with three medals, including high jumper Shyla Cardy's record-setting gold in the mid-jump girls high jump.

Middle-distance runner Megan Rempel won two medals for the second year in a row. She settled for the silver medal in the junior girls 1,500 and bronze after finishing first and third, respectively in the same events at the 2011 track championships in Sudbury, where she competed in the mid-jump girls division.

Austin Armstrong nearly made it four medals for Crossley at this year's OFSAA finishing just out of the money with a fourth-place showing in the mid-jump boys discus.



BERND FRANKIE Staff Photo

E.L. Crossley Secondary School's 2011-12 athletic award winners include, front row, from left, Maria Gearing, co-senior female athlete of the year; Natalie Taveres, co-senior female athlete of the year; Kaitlin Collier, junior female athlete of the year, Athletic Community Achievement Award; Danny Gearing, junior male athlete of the year; back row, Tyler Young, senior male athlete of the year; Shyla Cardy, Athletic Accomplishment Award; Cullen Brownridge, Contribution to Athletics Award; and Kaitlin Collier, Athletic Community Achievement Award

Mergl didn't have a medal goal in mind when the track and field season got underway earlier this spring.

"My goal is to get as many athletes to OFSAA," the physical education teacher said, "more than happy" to take 10 to this year's three-day competition in Brockville.

Last year 12 Crossley track and field athletes competed at the provincials, but that number included four members of a girls relay team.

Not all athletes who were honoured at Monday's assembly represented the high school

when they excelled in their sports. Kaitlin Collier and his twin sister Keegan pinned down gold and silver medals, respectively, at the Ontario Winter Games in Collingwood when they competing for the Brock Wrestling Club. They each received an athlete community achievement award, which is given to students who compete at the club level.

"This award recognizes the tremendous commitment they put into sports, which sometimes leaves them too busy to compete in school sports," Blanchard said.

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■ **CANADA DAY:** Free family entertainment in Harold Black Park

Fonthill Rotary Club entertains youngsters

For PelhamNEWS
The Rotary Club of
Fonthill will once again
provide free family enter-
tainment this Canada Day.
As part of the celebra-
tions taking place in Harold

Black Park on July 1, the
local service club will pre-
sent a host of activities to
keep the young and the
young at heart amused.

Besides sponsoring
the Most Patriotic Con-

test, the Rotary Club has
secured a number of jump
and bounce inflatable
challenges from Niagara
Inflatables, including
brand new ones.

Refreshments include

Sno cones and pizza, and
plenty of drinks. Even the
youngest can find amuse-
ment in the pleasure of
blowing bubbles.

New this year will be a
horse derby race. It includes

a race track and six bouncy
horses in adult and child
sizes.

There will be a 16-foot
screamer slide and Disney
Toy Story bouncer this year
as well, featuring favourite

characters in a large mural
and on the expansive play-
room floor.

Among the other new
attractions for this year is
a penguin fish fling game,
which features a five-foot-
wide frame with two open
holes for baskets. Players
use a spring-loaded fish-
flinger to get the penguins
in the baskets.

Experience the classic
down-a-clown fun of the
monster head carnival
game.

Monsters stare with
goofy smiles as you try to
knock them down with
bean, of guide the metal
loop over the twisted wire
without touching the wire
in the shockwave carnival
game.

If you touch the metal
loop, a bell will ring; make
it all the way to the bottom
without ringing the bell to
win.

Back once again as a
children's favourite will be
spin art, made using a few
bottles of paint, cards and
a fun spinner.

Even the older crowd
will get into the vibe of this
tie-dye art, which allows
everyone to bring home a
souvenir of the day.

All of these events are
free thanks to the Rotary
Club of Fonthill. For more
information on the Canada
Day celebrations, visit
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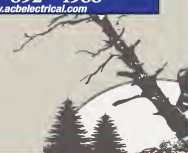
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system.

Mayor Dave Augustyn said
at the town council meeting
last week Marr is a "farmer
at heart", enjoys repairing
machinery and sings with the
Robert Wood Singers. Marr
is the 22nd member of the
Town of Pelham's 25 Year
Club.



■ **BUSINESS:** Productive year: chair

Venture Niagara invested \$1.2 million in local businesses in 2011

For Pelham/NEWS THOROLD - Venture Niagara Community Futures Development Corporation invested \$1.2 million into Niagara's rural economy in 2011.

"The past year was a very productive one for Venture Niagara," said chair Dolores Fabiano.

"We delivered a variety of community economic development projects and invested more than \$1

million in repayable financing to local businesses that were starting up, expanding, or in need of strategic financing to stabilize their operations. Altogether we now have \$2.1 million invested in current loans throughout our service area."

General manager Frank Rupcic said Venture Niagara is always looking for opportunities to finance businesses looking to start up or expand their operations.

"We have approximately \$1.5 million to lend to qualified applicants. The corporation can lend up to \$150,000 per business."

Venture Niagara is a not-for-profit Community Futures Development Corporation providing community economic development services and access to capital for businesses in Niagara's rural communities of Grimsby, Lincoln, Niagara-on-the-Lake, Pelham Thorold and Welland.

The organization is governed by a board of directors which includes Fabiano, vice-chair Rob deSmit, treasurer Chris Yakymishen and directors Tony Hsieh, Anne Guillemette, Mike Panich, George Repar, Jeff Reuter and Susan Walker.

For information about the organization, the community development projects, or how to apply for financing, please visit www.venture-niagara.com.

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Improve the look, value and comfort of your home with energy-efficient replacement windows.

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Today!



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\$50 Gas Cards will be given away
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* **SIGN UP NOW** TO GET A KEY THAT
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CARDS, VALUED AT **\$100 EACH**.

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Produce/Farmers Market

Berry Fresh Farms
STRAWBERRIES
AND PEAS
June 11th - June 23rd
M-F 8-5, Sat 8-5,
Closest Sunday
1700 Adelaide St. West
(905) 892-8231

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Get it sold quickly and
easily with
CLASSIFIED SALES
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DEVINES FRUIT FARM
PYO Strawberries or
Fresh picked at farm
Carbonyl Rd. 1 km
West of Farmville.
Times and Conditions
Call 905-890-8704
* Closed Sunday

FRESH
SWEET CHERRIES
Pick Your Own
Open Sun-4pm
MAYNARD FARMS
1900 Eglingsham St.
905-892-6198



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Place an ad
by phone in
any one of
our well-read
newspapers
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by phone in
any one of
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TOP Dollar for GOLD,
TV's, Stereo's, Laptops
and DVD's. Best rates
on PayDay loans and
check cashing. Borrow
Money against your car.
Cash Dept.
226 King St., Welland.
905-898-3000

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in the classifieds
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LOST - Cockatiel bird,
white, gray markings,
May 20th, North Rd.
Fonthill 905-892-8803



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It's Officially
Summer Sale
Saturday, June 23rd
LAKESIDE YACHT
CLUB
65 Lakeside Rd. W.
* COMMUNITY
LAWN SALE
* SILENT AUCTION
* PIG ROAST
Call now to reserve
your table \$10
905-329-8514

Apartments

1 Churchill Avenue Residence

Brand New Apartments for Seniors
(Individuals 55 years and older)
* Spacious new apartments
* Large 1 & 2 bedrooms
* Starting at \$550 including utilities
* Free utilities and parking
* Laundry and storage facilities
* Steps to buses, shopping and hospital
* Green views and parks across the street
* Wheelchair friendly
* Brand new appliances
* 2-story building with elevator
* Quiet Seniors' Building
Community garden
Opening June 2012
Call Mary at 905-888-8883 or
email mary_goodwin@sympatico.ca
for information and open house schedule.
Now accepting applications.

General Employment

CAREER OPPORTUNITY
JOB FAIR
FRIDAY JUNE 15TH • NOON-3PM

Bring your resume and be prepared for possible interview
Local company is seeking sales representatives for various
locations in the Niagara Region.

If you're outgoing, self motivated and looking for a
challenge we may have an opportunity for you.

- Requirements:
- some outside sales experience an asset but not necessary,
 - willing to train the right individual
 - ability to cold call and follow up on leads
 - outgoing
 - excellent command of the English language both written and spoken
 - car and valid drivers license
- We provide:
- salary plus commission
 - benefits after 3 month probationary period
 - professional work environment
 - opportunity for advancement

JOB GYM 210 King Street,
St. Catharines, ON

General Employment

ADULTS, STUDENTS & SENIORS

FONTHILL
Route: 401

FORESTHILL CRES
GREENVALE CRT
WHITEHALL GATE
& WOODSTREAM BLVD
\$41.40 bi-weekly profit
Call Sandra @
905-732-2414 ext 275.

General Employment

RECREATIONAL VEHICLES



Real Estate Wanted

REQUIRED
URGENTLY 30 - 60
day closing, homes
from 300 - 400K.
Welland West or
Fonthill, 15 years old or
less. Homes must be
updated. Contact me
as soon as possible.
Roman Grocholsky
905-734-6545.

General Employment

Drivers

K.A.M TRUCKING INC.
NOW HIRING

For the following Positions:

- 1) CLASS A2 HIGHWAY COMPANY
DRIVERS/LOCAL COMPANY DRIVERS
♦ Fair and equitable dispatch, we work
in a team environment.
♦ Tri - 2 to 3 days, paid trips & drops.
♦ Weekends available.
♦ Must be able to cross the border
♦ \$1000 Sign on Bonus - Highway
Drivers
- 2) CLASS A or 310T MECHANIC
♦ Full time position
♦ Truck and trailer repair an asset
♦ Applicants must be willing to work
various shifts and hours
♦ \$500 Sign on Bonus

We offer a competitive wage package with
full benefits after 2 months.

Call Karl Bam - 5pm
@ 905-888-2420 or fax
resume to 905-898-3498
or email karl@kamtrucking.com

RECREATIONAL VEHICLES



Real Estate Wanted

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URGENTLY 30 - 60
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Welland West or
Fonthill, 15 years old or
less. Homes must be
updated. Contact me
as soon as possible.
Roman Grocholsky
905-734-6545.

Apartments

Rentals

Apartments Unfurnished

1 & 2 BEDROOM
bridge, elev, Seniors
welcome! 23 Mill
Street. Call: 905-732-
9141.

Read it in the classifieds

BUSINESS & SERVICE



Home Improvement

Brick/Cement

CONCRETE WORK
GABRIEL GARFALO
"No Job too small"
Driveways, Patios,
Sidewalks, Porches,
Steps & Paving
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Drywall/Plaster

JOHN'S TAPING & Dry-
wall. Carpentry, in-
novations & home re-
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Business/ Franchise Opps

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Ravenna Homes Renovations
& Custom Homes

Take advantage of our
professional trades people also expert
service at affordable prices
Call Donovan at
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professional trades people also expert
service at affordable prices
Call Donovan at
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Apartments

Unfurnished

✓ Check This Out!

1, 3 BDRM & Bachelor
Apts. All inclusive. Town
& Country apts. Avail
July 1st. (905) 734-1242

1 BDRM available immed-
iately! Clean Renova-
ted Upper, Fridge, Stove
incl. First. rent. Call 905-
899-1628

Read it in the classifieds

BUSINESS & SERVICE



Landscaping/ snow Snow Removal

LAWN ROLLING,
mowing, tree service,
grass cutting & dump
runs. (905) 882-5943

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Call Donovan at
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Drivers

A830 Notices

K.A.M TRUCKING INC.
NOW HIRING

For the following Positions:

- CLASS A HIGHWAY COMPANY DRIVERS / LOCAL COMPANY DRIVERS**
 - Fair and equitable dispatch, we work in a team environment.
 - Trip - 2 to 3 days, paid picks & drops.
 - Weekends available.
 - Must be able to cross the border.
 - \$1000 Sign on Bonus - Highway Drivers
- CLASS A or 310T MECHANIC**
 - Full time position
 - Truck and trailer experience an asset
 - Applicants must be willing to work various shifts and hours
 - \$500 Sign on Bonus

We offer a competitive wage package with full benefits after 2 months.

Call Karl Kam - 5pm
at 905-658-2420 or fax
resume to 905-899-3489
or email karl@kamtrucking.com

Notices

A910



NOTICE TO CREDITORS OF THE ESTATE OF REECE VANDERLAAN WELLAND, ONTARIO WHO DIED ON OR ABOUT MARCH 6, 2012

TAKE NOTICE that all persons having claims against the estate are required to send to the under named, their names and particulars of their claims on or before the 8th day of July, 2012, after which date the estate will be distributed having regard only to the claims of which the Estate then has notice.

Dated this 8th day of June, 2012

William Vanderlaan and
Caroline Vanderlaan
by their solicitors
ANCASTER BROOKS & WELCH LLP
P.O. Box 67
Welland, Ontario
L3B 5N9



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NOTICE TO CREDITORS OF THE ESTATE OF BARBARA WAKUNIK WELLAND, ONTARIO WHO DIED ON OR ABOUT MARCH 21, 2012 AND THE ESTATE OF STEPHEN WAKUNIK WELLAND, ONTARIO WHO DIED ON OR ABOUT JANUARY 30, 2012

TAKE NOTICE that all persons having claims against the above estates are required to send to the under named, their names and particulars of their claims on or before the 9th day of July, 2012, after which date the estate will be distributed having regard only to the claims of which the Estate Trustees then have notice.

Dated this 8th day of June, 2012

Tracey Bailon and Patti Wakunik
Estate Trustees
by their solicitors
ANCASTER BROOKS & WELCH LLP
P.O. Box 67
Welland, Ontario
L3B 5N9

Apartments Unfinished

A610

- 1 BDRM, Welland** 2
appliance, nice quiet
bdy, \$550 heat, water
incl. Avail July 1st Mike
905-997-7799 or
905-811-1111
906-2117 after 5 pm
- 2-2 BDRM APT**
\$750/\$800 all incl.
Close to Lincoln St.
Mail, Secura Entrance.
No pets, Avail. June
905-434-0624

Dated this 8th day of June, 2012

Classified Extra 1-866-541-8787



- 2 BDRM main floor apt**
quiet neighbourhood,
Welland - \$1100/2br/1btl
overall utlty/water incl.
no laundry \$1600/2br/1btl
1st/2nd rec'd July 1st.
905-950-9425

Dated this 8th day of June, 2012

Read it in the classifieds.

- 2 BDRM, Rem. dwm.**
Cathedral, rem. dwm.
secure bdy wlg bac,
central heat, 2 bdrms,
Glen (905) 736-4900.

Dated this 8th day of June, 2012



- 2 BDRMS, Spacious &**
quiet mature living,
balconies laundry,
security entrance,
close to Maple park,
bus & shopping.
570 CLARE AVE.
Call 905-755-5747

Dated this 8th day of June, 2012



- 3-4 BDRM Townhomes**
starting at \$850.
Aval. Mid June
Fully Renovated.
Call 1-800-946-8955
or 416-444-6547

Dated this 8th day of June, 2012

A910

Apartments Unfinished

A610

- 3 BDRM Penthouse**
\$1250 in C. Catharines
utilities included. No
pets. 158 Ontario.
1st/2nd rec'd 905-650-0792

- 3 BDRM spacious**
plex, quiet, Endcoft
\$745/2bdr/1btl. Avail
905-736-4811.

**EMPLOYMENT
OPPORTUNITIES
IN THE
CLASSIFIEDS
PART-TIME
ROLL-TO
FIND THE RIGHT
JOB FOR YOU**

Dated this 8th day of June, 2012

- 3 BDRM UPPER ON**
Baltimore, C/A Avail
near \$600/mo. 1st/2nd
(905) 868-1643 (avg. 700)

Dated this 8th day of June, 2012

Must See!

- Avail 1 BR (\$745) and**
2 BR (\$880) suite
on Rice Rd. All
inclusive. Second bdy
near, main & bus route.
Call To 905-768-5299

Dated this 8th day of June, 2012

CENTRALLY LOCATED

- Spacious and updated**
3 bdr, upper apt, avail
July 1st. Featuring
new carpeting,
refrigerator, w/d, w/d
Appl. parking, heat &
water incl. located at 209
Division St. Call today
for appointment to view.
732-4973.

Dated this 8th day of June, 2012

Apartments Unfinished

A610

- 2 BACHELOR apt on**
1st floor, 320 Wallace
Ave. E. parking all bldg
incl. Avail July 1st Mike
905-997-7799 or
905-811-1111
906-2117 after 5 pm

Dated this 8th day of June, 2012



- 2 BDRM main floor apt**
quiet neighbourhood,
Welland - \$1100/2br/1btl
overall utlty/water incl.
no laundry \$1600/2br/1btl
1st/2nd rec'd July 1st.
905-950-9425

Dated this 8th day of June, 2012

CENTRALLY LOCATED

- Spacious and updated**
3 bdr, upper apt, avail
July 1st. Featuring
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refrigerator, w/d, w/d
Appl. parking, heat &
water incl. located at 209
Division St. Call today
for appointment to view.
732-4973.

Dated this 8th day of June, 2012



- PORT COLBORNE**
clean, non smoking
2 BDRM upper C/A. Frs.
laundry hook up, disk
\$675+ utls. Avail. June
905-885-1545.

Dated this 8th day of June, 2012



- PORT COLBORNE**
PRIME LOCATION
Walk to Market & all
shops. Air conditioned.
Takes appliances
112 Charlotte St.
905-835-0313
905-401-0143

Dated this 8th day of June, 2012



- WELLAND - 2 BDRM**
apt, ground floor - 2
BDRM 1br Apt. with
glassed in balcony.
New construction
Laundry, parking. Non
smoking. No pets
\$900 + hydro. July 1st
288-921-4585

Dated this 8th day of June, 2012

Apartments Unfinished

A610

- YOUR PARENTS
JUST SOLD
THEIR
HOME
NOW WHAT?**

**CONCORDE
PLACE**
Of course,
no more
climbing stairs,
No more
moving the lawn.
No shovelling snow,
Indeed...
A spacious
apartment home,
Security Freedom!

For a visit
please call
905-734-8197
152A Heger Street

Dated this 8th day of June, 2012



Halls/ Wedding Rentals

A645

- WELLAND OPTIMIST**
x-mas, Bday, Showers,
Etc. Up to 50 ppl. Fully
access. Btl 735-3000.

Dated this 8th day of June, 2012



Houses

A650

- WELLAND OPTIMIST**
x-mas, Bday, Showers,
Etc. Up to 50 ppl. Fully
access. Btl 735-3000.

Dated this 8th day of June, 2012



Technical/ Trades

A670

- 2 BDRM, P.C. 1 ft**
home c/c, 1st/2nd/3rd
flrs, \$750/mth + utls. A
Aug 1 905-960-5195

Dated this 8th day of June, 2012



Now Hiring

- MAGNUM CRANES**
has an immediate
opening for an
Experienced Machinist
on Conventional
Lathes and Boring
Mills. C & C experience
would be an asset.
If not essential.
Please send resumes
with salary history to
sales@
magnumcranes.com
or fax to
905-904-6204

Dated this 8th day of June, 2012



Education

A655

- 3 BDRM, Carpeted,**
new Mtl, 2nd floor,
new kitchen, option to
live with 0 down.
Call 905-835-1313

Dated this 8th day of June, 2012



General Employment

A600

- 3 BEDROOMS, Large**
duplex, \$750 + hydro,
Welland. Call 416-339
4328, 905-200-0650.

Dated this 8th day of June, 2012



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A600

- classifiedextra.ca**
strongly recommends
that readers never
send money in
response to Employment
or Job Opportunity
advertisements

Dated this 8th day of June, 2012



Person to Person

A955

- ALCOHOLICS ANONY-**
MOUS: If you want to
drink, that's your busi-
ness. If you want to
quit, that's our business.
905-882-6140

Dated this 8th day of June, 2012



General Employment

A800

Now Hiring

- Available, position for**
Superintendent for Apt.
Bldg in Welland.

Experience preferred,
but not a must.
Please fax Resume to
905-930-8571

Dated this 8th day of June, 2012

Now Hiring

- EXPERIENCED**
SHINGLERS
Minimum 3 years
experience. Must have
own tools and valid
drivers license. Own
transportation is a
must. 905-835-2580
leave message.

Dated this 8th day of June, 2012

Head Housekeeper

- Full a part-time,**
day shifts.
Experience required.
FRONT DESK AGENT
Evening shifts. Part time.
Must resume or drop off
at Co-Op Bldg.

Call/Text to
7600 Leslie & Lane,
Nagawick Falls, Ont.
L2H 1H1

Dated this 8th day of June, 2012

MOLLY MAID

- Position avail, covering**
or summer vases, avail
on-call and possibly
leading to drop off
have valid ID, in good
standing and be 21 yrs
+ Hours are Mon-Fri,
8am-5pm avail. E-mail
mollymaidwenty@
cogeco.ca

Dated this 8th day of June, 2012

Technical/ Trades

A670

- 2 BDRM, P.C. 1 ft**
home c/c, 1st/2nd/3rd
flrs, \$750/mth + utls. A
Aug 1 905-960-5195

Dated this 8th day of June, 2012



Now Hiring

- MAGNUM CRANES**
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Lathes and Boring
Mills. C & C experience
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Welland. Call 416-339
4328, 905-200-0650.

Dated this 8th day of June, 2012



Person to Person

A955

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905-882-6140

Dated this 8th day of June, 2012



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quit, that's our business.
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Dated this 8th day of June, 2012



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Now Available at **The Healthy Cupboard**

The first & only measureable Nitric Oxide system is here.

NEO40[®] daily

Neo40 Daily is a breakthrough formula proven to help the body restore Nitric Oxide levels naturally, thus supporting circulation, blood pressure and overall cardiovascular health. It's an effective synergistic blend of beet root, hawthorn berry and other Nitric Oxide-active botanicals in a great tasting fast-melt lozenge.

Clinically Proven to help your body :

- Lower triglyceride levels
(27% average in 30 days)
- Lower blood pressure
- Improve cardiovascular health
- Improve sexual response
- Increase energy & better sleep
- Improve inflammatory response

Nathan Bryan
Ph.D.
Chief Science Officer



**We can test your nitric oxide levels
In store for free. The results are immediate.**



Tanya and Ian Birrell

Owners of The Healthy Cupboard

**TWO
LOCATIONS!**

PORT COLBORNE
101 CLARENCE STREET
(across from Food Basics)

905 **835.9806**

FONTHILL
111 #20 EAST
(across from Sobey's)

905 **892.9054**

**NEW
WEBSITE**

www.healthycupboard.ca • healthycupboard@gmail.com

Leading nitric oxide research. Changing lives.